



# **Prepared Not Scared**

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**City of Quincy**

**Mayor's  
Public Safety Awareness  
Task Force**

**Mayor Thomas P. Koch**

# **City of Quincy**

## **Emergency Phone Numbers**

**Fire, Police, Medical Emergencies**  
911

**Quincy Medical Center**  
(617) 773-6100

**Quincy Health Department**  
(617) 376-1273

**Quincy Emergency Management (Shelters)**  
(617) 376-1105

**Keyspan Gas Co.**  
(781) 466-5000

**National Grid (Electric Co.)**  
(800) 465-1212

**Public Works Department**  
(617) 376-1910

**Park & Forestry Dept. (Fallen Trees)**  
(617) 376-1251

**Plumbing & Gas Inspector (Gas Leaks)**  
(617) 376-1485

**Wire Inspector (Electrical Emergencies)**  
(617) 376-1480

**Building Inspector (Structural Problems)**  
(617) 376-1450

**Quincy Public Schools**  
(617) 984-8700

**Animal Control**  
(617) 376-1364

**American Red Cross of Mass. Bay**  
(800) 564-1234

**Salvation Army**  
(617) 542-5420

## **Your Family's First Aid Supplies Kit**

- Bottled Water (at least one gallon per person)
- Acetaminophen extra-strength tablets
- Ibuprofen coated tablets
- 3" Elastic bandage
- Rubbing alcohol
- Triple antibiotic ointment
- 4 x 4 sterile pads
- 2 x 2 sterile pads
- Waterproof adhesive tape, 1" x 10 yds
- Instant twin cold packs
- Plastic bandages, assorted sized
- Butterfly closures
- Adhesive pads, 2" x 3"
- Eye wash
- Extra strength antacid tabs, assorted flavors
- Facial tissue, pocket size
- AM/FM battery operated light radio with clock & alarm
- Extra C and D batteries
- Flash light with extra batteries
- Bathroom tissue
- Trash bags
- Maxi-pads
- Tampons
- Anti-bacterial hand sanitizer
- Adult poncho
- Child poncho
- Scissors

## Emergency Supplies Kit

- Water, 1 gallon per person per day (a week's supply of water is preferable)
- Water purification kit or bleach
- First aid kit and first aid manual
- Non-electric can opener
- A portable, battery-powered radio or television and extra batteries
- Flashlight and extra batteries
- Credit card and cash
- Personal identification such as passports, driver's license and birth certificate
- An extra set of car keys
- Fire extinguisher, ABC type
- Matches in a waterproof container
- Signal flare
- Map of the area and phone numbers of places you could go
- Blanket or sleeping bag per person
- Special needs, for example, diapers or formula
- Medicines and copies of prescriptions, hearing aid batteries, spare eyeglasses
- Wheelchair battery, or other physical needs
- Large plastic trash bags for waste, tarps and rain ponchos
- Large trash cans
- Rubber gloves
- Pliers
- Hammer

## Your Emergency Food Supply: Keep It Up To Date!

Even though it is unlikely that an emergency would cut off your food supply for two weeks, you should consider preparing a supply that will last that long. The easiest way to develop a two-week stockpile is to increase the amount of basic foods you normally keep on your shelves.

Pack at least a three-day supply of nonperishable food and water, and store it in a handy place. You need to have these items packed and ready in case there is no time to gather food from the kitchen when disaster strikes.

Select foods that require no refrigeration, preparation, or cooking and little or no water. Foods that are compact and lightweight are easy to store and carry.

If you must heat food, pack a can of cooking fuel. Try to eat salt-free crackers, whole grain cereals, and canned food with high liquid content.

### Recommended Foods Include:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juice, milk and soup (if powdered, store extra water)
- High-energy foods such as peanut butter, jelly, crackers, granola bars and trail mix
- Comfort foods such as hard candy, sweetened cereals, candy bars and cookies
- Instant coffee, tea bags
- Food for infants or elderly persons or persons with special dietary needs.

## **Shelf Life of Selected Foods**

### **Meat/protein group**

- Canned meat – 2 to 5 years
- Canned nuts – 1 year
- Peanut butter – 6 months
- Instant fish stock (fish sticks) – 1 year
- Macaroni and cheese – 1 year
- Canned or dried beans, lentils & peas – 2 years

### **Milk/calcium group**

- Evaporated milk, powdered milk – 1 year
- Canned cheese – 6 months
- Pudding, custards – 1 year

### **Fruits & vegetables**

- Canned fruit – 1 year
- Canned vegetables – 2 years
- Canned soup – 2 years
- Spaghetti sauce – 2 years
- Tomato sauce or paste – 1 year
- Dried fruits – 6 months
- Juice – 1 year

### **Bread & cereal**

- Bisquick, muffin and cornbread mix – 1 year
- Dry cereal, oatmeal – 6 months
- Rice in small packages, (long grain, brown, white, wild and yellow) – 1 year
- Spaghetti, egg noodles, macaroni – 2 years
- Cornmeal – 6 months

### **Miscellaneous items**

- Bottled oil, vinegar, soy sauce, salad dressing – 1 year
- Mayonnaise – 2 months
- Mustard, ketchup – 1 year
- Sugar, flour, baking powder, baking soda – 6 months
- Diapers and baby food – 2 years
- Drinking water – 1 year
- Toiletries – 1 year

## **Medical Care in a Disaster: Quincy Medical Center**

Quincy Medical Center is a full service, acute care community teaching hospital, conveniently located at 114 Whitwell Street in Quincy, just outside of Quincy Center.

Quincy Medical Center's emergency department provides emergency care 24 hours per day, every day, and cares for more than 32,000 patients each year. In addition, QMC has an extensive academic and clinical affiliation with the world-renowned Boston Medical Center, home of the largest 24-hour Level 1 trauma center in New England, and Boston University School of Medicine.

Quincy Medical Center recognizes our important role in this community and has an extensive disaster plan to assure appropriate medical services in the event of a natural disaster, man-made disaster or communicable disaster. We are partners with the community and sponsoring disaster drills twice a year, in conjunction with state and local agencies, to hone our emergency preparedness plans.

In the event of a natural disaster, man-made disaster, or communicable disaster, we will work with our community partners to ensure that Quincy Medical Center is available to patients in most critical need of

medical services. If necessary, temporary, free standing clinics will be opened in the community to treat and/or triage residents with less pressing health concerns and to enable Quincy Medical Center to focus on caring for patients most in need of immediate, emergency medical attention.

In the event of a natural disaster, man-made disaster or communicable disaster:

- Tune to local news stations for emergency management up-dates.
- Dial 911 for medical assistance.

## **Electrical Safety**

To avoid electrical shock during a lightning storm, unplug non-essential appliances such as fax machines, computers, and VCRs before the storm hits.

Don't use your cell or land telephone during a storm.

Before calling your electric company to report a power outage at your home or office, follow these tips:

- Look to see if your neighbor's power is off. This will help you determine if the power outage is affecting more than just your home.
- Check your fuse box or circuit breaker panel. It's possible that a fuse or a breaker may have blown.
- If you go outdoors to check for any electrical problems around your home, be sure to stay clear of any hanging or downed wires. Any power line could be live and potentially hazardous on contact.

Call **National Grid** at 1 (800) 465-1212

Do not assume that others will call. At the same time, be patient if the phone lines are busy, as can happen during major storms. The representative taking your call will request the name in which your account is listed and the telephone number.

When you call, please report anything you have seen or heard that might be helpful, such as a broken pole, a tree on a line, a loud boom, or a flash of light.

## **Natural Gas Emergency Procedures**

Keyspan is staffed 24 hours a day, 7 days a week for your safety. In case of an emergency please use the following number, or contact the:

Quincy Fire Department by dialing 9-1-1

Reporting a Gas Leak or Other Emergency:

1 (800) 233-5325

In case of basement flooding, a licensed appliance repair person should be contacted prior to using your home heating or hot water heating equipment.

If your gas service was shut off at the gas meter, please contact Keyspan to turn your gas service back on. Due to safety and other reasons, only a qualified Keyspan representative should perform this task.

Keyspan works jointly with the Quincy Fire Department and other utilities during inclement weather to ensure your safety.

**General Number:** (617) 469-2300

**DigSafe Number:** (888) 344-7233

## **Stay Safe DURING A Flood**

**Do not walk through flowing water.** Drowning is the number one cause of flood deaths. Currents can be deceptive; six inches of moving water can knock you off your feet. Use a pole or stick to locate the ground before you walk through water that is not flowing.

**Do not drive through a flooded area.** More people drown in their cars than anywhere else. Don't drive around road barriers; the road or bridge may be washed out.

**Stay away from power lines and electrical wires.** Fatalities during a flood usually happen because of drowning and/or electrocution. Electrical current can travel through water. Report downed power lines to National Grid at 1 (800) 465-1212 or dial 911.

**Have your electricity turned off by the power company.** Some appliances, such as television sets, keep electrical charges even after they have been unplugged. Don't use appliances or motors that have gotten wet unless they have been taken apart, cleaned, and dried.

**Look out for animals.** Small animals that have been flooded out of their homes may seek shelter in yours. Use a pole or stick to poke and turn things over to locate any animals.

**Look before you step.** After a flood, the ground and floors are covered with debris including broken bottles and nails. Floors and stairs that have been covered with mud can be slippery. Wear sturdy boots through these areas.

**Be alert for gas leaks.** Use a flashlight to inspect for damage. Don't smoke or use candles, lanterns, or open flames unless you know that the gas has been turned off and the area has been ventilated.

**Carbon monoxide exhaust kills.** Use a generator or other gasoline-powered machine outdoors. The same goes for camping stoves. Charcoal fumes are especially deadly – cook with charcoal outdoors.

**Clean everything that got wet.** Floodwaters have picked up sewage and chemicals from roads, lawns, factories and storage buildings. Spoiled food, flooded cosmetics, and medicine can be health hazards. When in doubt, throw them out.

## **Stay Safe AFTER A Flood**

Flooding of your home or business requires the following precautions to protect against exposure to unsafe conditions such as contaminated floodwater, food and/or drinking water.

- Before entering home or business put on waterproof boots, gloves, eye protection and resistant or disposable clothes.
- Minimize your contact with floodwater; protect mouth, eyes, nose or any exposed skin with an open scratch or wound from floodwater.
- If exposed, bathe or shower with soap and water and wash all contaminated clothing in hot water with detergent.
- Make sure your family's tetanus shots are current (adults every 10 years) and that your child's tetanus vaccination is current.
- Contact a physician if ill with a fever, nausea, vomiting or diarrhea after exposure to contaminated water.
- Discard any food in contact with flooded water, especially canned goods, and wash all cooking utensils and dishes with water and chlorine bleach solution before using.
- If power is off, check freezer and immediately cook and use or discard any partially or completely defrosted food. Perishable foods kept in refrigerator for more than 4 hours or at more than 45 degrees Fahrenheit should be discarded.
- If drinking water is contaminated or if it is unusually cloudy or odorous, bring it to a rolling boil for 2 full minutes before drinking.
- Operate all gas-powered pumps, generators or pressure washers outdoors to prevent exposure to carbon monoxide.
- Make sure all floors, walls and household articles that come into contact with floodwaters are cleaned with a solution of two capfuls of household bleach for each gallon of water. Dispose of, in most cases, all carpets, mattresses and upholstered furniture or have them professionally cleaned and disinfected.

Some of these recommendations are provided by the Quincy Health Department.

## **Keeping Your Boat Safe During A Storm**

During a storm or severe weather warning, timing can be crucial. Tend to your vessel by making the necessary precautions and preparations as early as possible to insure your safety as well as your boat's.

### **DO NOT PLAN TO RIDE OUT THE STORM ON YOUR BOAT!**

In the event of extreme winds, please appropriately adjust your lines and fenders to provide the maximum amount of protection. It is recommended that you double your lines.

All vessel owners should remove or secure all sails, canvas, covers, power cords, hoses, dock boxes and any other loose objects. These items could cause serious damage and injury during the storm. This is a major safety issue and hazard at anytime.

For more information about marine safety, call the US Coast Guard at 1 (800) 368-5647

## **Do You Have The Insurance Coverage You Need?**

### **Flood**

Water damage from ground seepage, water flow or flooding is not covered under your homeowner's policy. You must purchase this coverage separately. Tenants may also purchase flood insurance to cover their contents.

**Action recommended:** Buy Flood Insurance.

### **Hurricane**

Hurricane wind and water damage is covered under a special form homeowners' policy, but not under a typical dwelling fire policy. Water damage coming through a roof or opening will be covered. However, if the water damage is from TIDAL waters or seepage, there is no coverage.

**Action recommended:** Check your homeowners' policy for wind-damage coverage. Purchase a "Special Form" homeowners policy. Increase "loss of use" provisions on homeowner policy.

### **Earthquake**

Damage to your property and loss of use of your home from earthquakes are not covered under your homeowners' policy unless you specifically request earthquake coverage.

**Action Recommended:** Purchase earthquake coverage (add on) endorsement on homeowners policy. Increase "loss of use" provisions on homeowner policy.

### **Claim Instructions**

#### **Pre-claim:**

Keep a copy of policies and checklists at a separate site. Video tape and record all home property. Check with agent on coverage each year. Earthquake and flood policies have time frames prior to becoming active. For example, there is a 30-day waiting period before flood coverage on new policies kicks in. Therefore, check with your agent for effective date of coverage.

#### **Post-claim:**

Call agent immediately to report claim and provide loss information.